

A Resilience Fortune Teller

Can you create the 'resilience fortune teller' below by following the instructions?

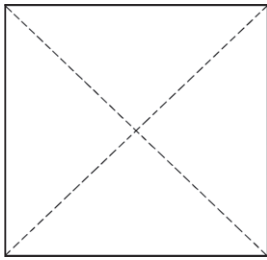
There are some words and statements written on it to help you talk about what can make you feel resilient.

Being resilient is about having the ability and skills to deal with disappointment and try again. It means that you understand yourself and you know what to think and believe in order to become more resilient.

This is a chance to think about how resilient you are and how you might be able to feel even more.

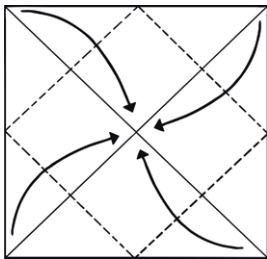
Instructions

①



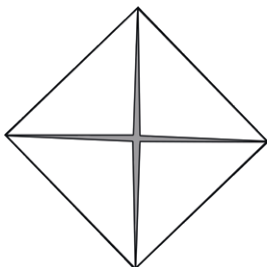
With pictures face down, fold on both diagonal lines. Unfold.

②



Fold all four corners to the centre.

③

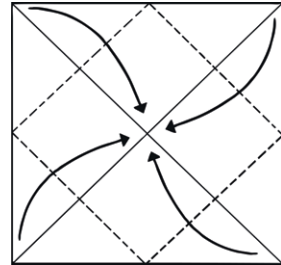


Turn paper over.

④

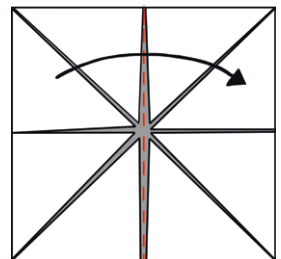


④



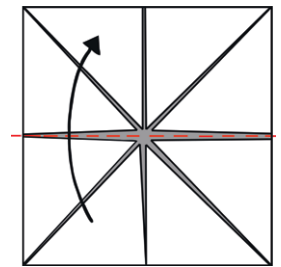
Once again, fold all corners to the centre.

⑤



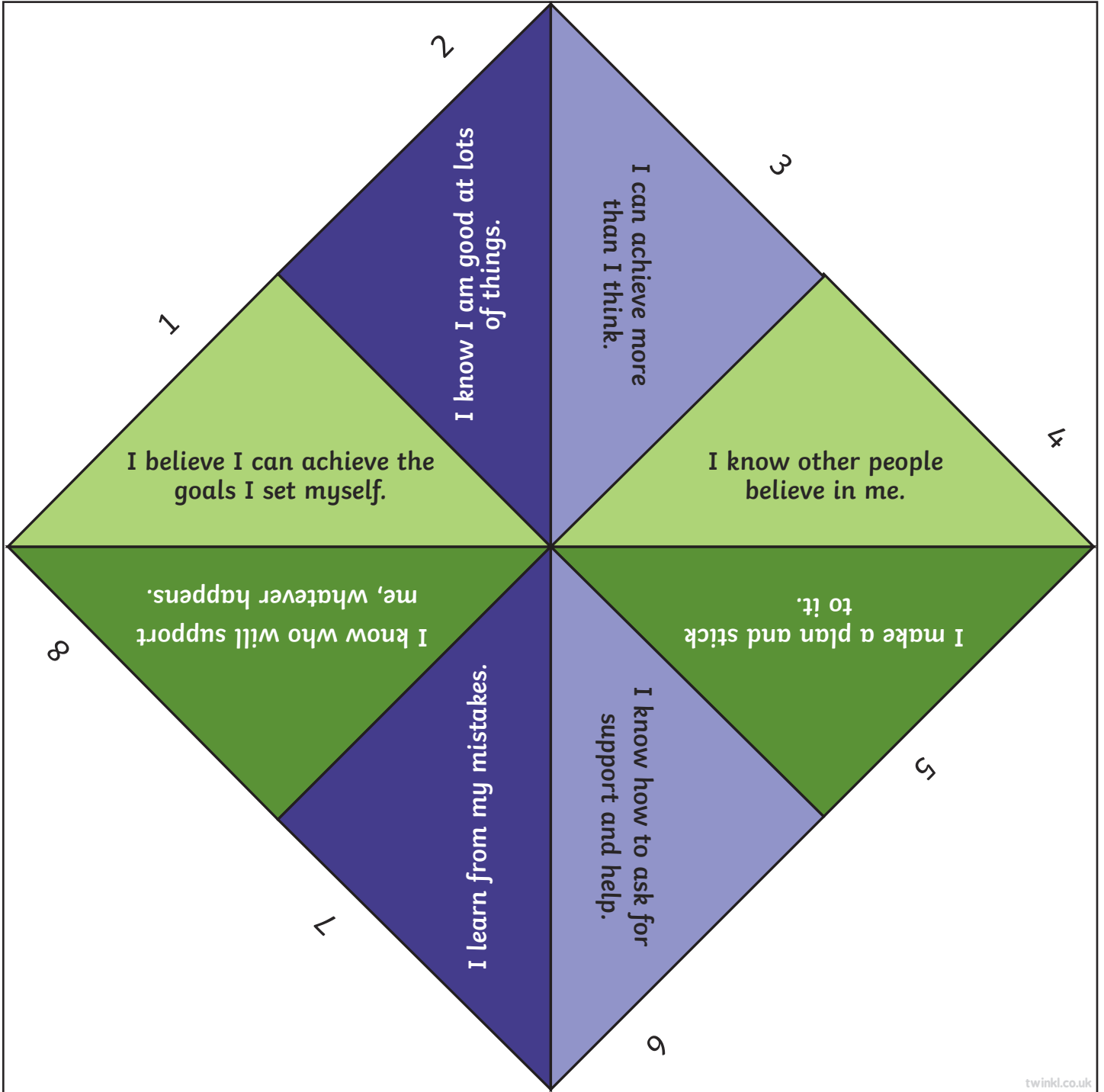
Fold paper in half and unfold.

⑥



Fold in half from top to bottom. Do not unfold.

Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.



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Once you have talked about resilience, try creating your own fortune teller. Include your ideas about how you can become more resilient and what you need to achieve it.

